

6,266,580 PAID INTO VERMONT

For Men Who Lost Their
Lives in the World
War

TOTAL OF CLAIMS
NUMBER 717

Compensation Claims Are
265 in Number; 200 More
Are Being Investigated

Vermont families are being paid \$6,266,580 in war risk insurance claims by Uncle Sam. He is making restitution to those whose sons and husbands died in the service of their country during the greatest war of all times.

There are 717 insurance claims being paid in Vermont through the bureau of war risk insurance to beneficiaries named at the time application for insurance was made by soldiers, sailors and marines, now dead. The average policy carried by these 717 men was \$8,740.

Disabled soldiers, as well as widows and children and dependent parents of those who have died, are being made comfortable by the government, which is paying 265 compensation claims to residents of Vermont.

In addition to the insurance and compensation claims now being paid in Vermont, there are 200 of both these classes of claims under investigation. These cases, however, are rapidly being adjusted following an investigation by bureau representatives.

The bureau of war risk insurance which administers these affairs, has been established by the government as a permanent institution in recognition of the services rendered by the world war veterans of their country.

The insurance which veterans are able to carry as the result of this act of an appreciative government will be a constant reminder to them of the part they took in the war; whether it has been a matter of accomplishing a deed of valor as performed by Sgt. Alvin Cullum York of Fall Mall, Tenn., or that of the newest recruit who only underwent the discomforts of barrack life and was deprived of overseas service by the armistice.

Records in the bureau show that this has been a young man's war and a mother's war. More than 47 per cent of the men who carried government insurance made mothers their beneficiaries. Fathers were named by approximately 16 per cent of the men.

The average age of the records in the bureau of war risk insurance shows that a large percentage of married men in arranging for the future protection of their families planned for insurance to be paid to their mothers, while their thought, in arranging their compensation benefits, was for their wives.

About 32 per cent of the men who carried war risk insurance named their wives in making arrangements for compensation. Mothers were named by 22 per cent, while the "wife and child" were named by 14 per cent. This is the natural consequence of privileges granted by the war risk insurance act. They felt it their first duty to provide for the immediate needs of their family, making, at the same time, through application for insurance, provision for their parents in their advancing years.

Insurance claims which the bureau will be called upon to pay amount to more than \$1,012,000,000. The amount of premiums received from all service men and which was deducted from their pay during the active period of the war approximates only \$200,000,000, or less than one-fifth of the amount of insurance claims. The excess above premiums will be paid by the government.

MEAT-EATING CURSE OF AMERICAN NATION

Declared Dr. Graham Lusk Before International Conference of Women Physicians at New York.

New York, Sept. 20.—The eating of meat was the target of attacks in an address delivered yesterday before the international conference of women physicians. Dr. Graham Lusk, professor of physiology at Columbia university, declared that "meat was the curse of the American nation and the foundation for the high cost of living," while Dr. E. V. MacCullum of Baltimore asserted that unless the consumption of meat is reduced and fresh green vegetables substituted, the nation will be visited with some sort of plague like Beri Beri or Pellagra.

Dr. Lusk recited the case of one family of five which ate .16-worth of meat weekly in addition to eggs, cheese, grain, vegetables, fruit and other food products. If meat was eliminated from the family menu and more green vegetables substituted, the speaker declared, the weekly food bill would be reduced \$10. Meat, he said, contains only 42 per cent of nutritious substances.

Dr. MacCullum said that the poor had a mistaken idea that meat was an essential food, with the result that they suffered from underweight. Experiments conducted on animals, she explained, showed that when fed with meat and tubular vegetables they grew prematurely old and died, whereas those fed on dairy foods and green vegetables thrived. Undernourished inmates of an orphan asylum with one quart of milk daily, showed considerable improvement, she said.

**Build Up
your children's
health by giving them
Grape-Nuts
for breakfast.**
"There's a Reason"

A Woman's Warning

Why will women continue to drag around in misery, suffering with the ailments peculiar to their sex, that drag them down to misery and despair, with backache, nervousness, the blues, derangements and irregularities, when there is a proved remedy for just such conditions?

For more than forty years Lydia E. Pinkham's Vegetable Compound has been overcoming these ailments until it is now recognized everywhere as the standard remedy for woman's ills.



For Twenty Years the Friend of This Woman

Akron, Ohio.—"I am fifty-one years old and going through the Change of Life, and Lydia E. Pinkham's Vegetable Compound is doing me lots of good. I felt run-down and weak but since taking the Vegetable Compound I am much stronger and better. I can eat and sleep, am gaining flesh and can do more work than I have for some time. Twenty years ago your Vegetable Compound helped me during childbirth. I wish you would print this in your paper so that other women may read it. There is nothing better for the relief of suffering womanhood than Lydia E. Pinkham's Vegetable Compound. It does away with sickness and nervousness which is very often responsible for the lack of perfect harmony in the home."

Mrs. S. A. FRIEDLANDER,
840 Elm St., Akron, Ohio.

If you need a medicine of
this kind you may
depend upon

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

GREAT BRITAIN CAN'T OUTVOTE U. S.

Nor Could a Foreign Government, Under the League of Nations Covenant, Order American Troops Abroad, Says Wilson.

San Francisco, Sept. 18.—Replying in a statement to a list of questions put to him by a San Francisco league of nations organization, President Wilson declared Great Britain could not outvote the United States in the league; that a foreign government could not, under the covenant, order American troops abroad; that the league would have a powerful influence toward restoration of Shantung to China; that the United States would not be obligated by article 10 to aid Great Britain in suppressing a revolt in Ireland; and that under article 11 there would be created a new forum for questions of self-determination.

Mr. Wilson's statement containing the questions and answers follow:
1—Will you state the underlying consideration which dictated an awarding of six votes to the British empire in the assembly, and is it true that Great Britain will outvote us in the league of nations and thereby control the league's action?

Answer—The consideration which led to assigning six votes to self-governing portions of the British empire was that they have, in effect, in all but foreign policies, become autonomous, self-governing states, their policy in all but foreign affairs being independent of the control of the British government and in many respects dissimilar from it. But it is not true that the British empire can outvote us in the league of nations and therefore control the action of the league, because in any matter except the admission of new members in the league, no action can be taken without the con-

currence of a unanimous vote of the representatives of the state which are members of the council, so that in all matters of action, the affirmative vote of the United States is necessary and equivalent to the united vote of the representatives of the several parts of the British empire. The united votes of the several parts of the British empire cannot offset or overcome the vote of the United States.

2—Is it true that under the league of nations foreign countries can order the sending of American troops to foreign countries?
Answer—It is not. The right of Congress to determine such matters is in no wise impaired.

3—What effect will the league of nations have in either forwarding or hindering the final restoration of Shantung to China? What effect will the league of nations have in preventing further spoliation of China and the abrogation of all such special privileges now enjoyed in China by foreign countries?

Answer—The league of nations will have a very powerful effect in forwarding the final restoration of Shantung to China, and no other instrumentality or action can be substituted which could bring that result about. The authority

of the league will, under article 10, be constantly directed toward safeguarding the territorial integrity and political independence of China. It will, therefore, absolutely prevent the further spoliation of China, promote the restoration in China of the several privileges now long enjoyed by foreign countries, and assure China of the completion of the process by which Shantung will presently be returned to her in full sovereignty. In the past there has been no tribunal which could be resorted to for any of these purposes.

4—Is there anything in the league of nations covenant or the peace treaty which directly or indirectly in any manner imposes on the United States any obligations, moral or otherwise, of the slightest character to support England in any way in case of revolt in Ireland?
Answer—There is not. The only guarantee contained in the covenant is against external aggression and those who framed the covenant were scrupulously careful in no way to interfere with rights of self-determination.

5—What effect, if any, will the league of nations covenant have in either hindering or furthering the cause of Irish freedom?

Answer—It was not possible for the peace conference to act with regard to the self-determination of any territories except those which had belonged to the defeated empires, but in the covenant of the league of nations it has set up for the first time, in article 11, a forum before which all claims of self-determination which are likely to disturb the peace of the world or the good understanding between nations upon which the peace of the world depends, can be brought.

Feminine Applause.

He—What on earth do you keep on clapping for? That last singer was awful.
She—I know, but I liked the gown she wore and I want to have another look at it.—Boston Transcript.

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Perfect Skin**
Know the joy and happiness that comes to one who possesses a skin of purity and beauty. The soft, distinguished appearance it renders brings out your natural beauty to its fullest. In use over 70 years.

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Oriental Cream**
Sole Distributor
F. D. T. HOPKINS & SON, New York

Topics of the Home and Household.

Making Good Tea.

Can you make as good tea as your English cousin? If not, then try this, the English method. Use any good brand of tea and an earthen teapot. Fill the teapot with boiling water and allow it to stand until the pot is hot to the touch. Empty the teapot and place the tea (one level teaspoon to the cup) in the pot and add the freshly boiled water. Allow this to stand ("draw") for three minutes. Then serve as desired, either with sugar and cream or evaporated milk or "clear" without fixings. In either case, you have that much appreciated beverage, a perfect cup of tea.

A delicious beverage for the summer days is made by chilling and icing this infusion. Be sure to pour the infusion off or remove the tea ball after three minutes "steeping."

Fill tall glasses with cracked ice, add a teaspoonful of strawberry preserves, or a maraschino cherry studded with cloves. Pour in the cold tea infusion and serve.

Tomatoes in September.

Tomato Preserves—For three pounds of green tomatoes, the size of a black walnut, use two lemons and three and one-half pounds of granulated sugar. Pare the lemons very thin, rejecting all the white part underneath, and cut into thin slices. Cook the tomatoes in water to cover till they begin to grow tender, then add the juice of the lemons and a rind tied loosely in a thin muslin bag, with half a dozen peach leaves and a level tablespoonful of ginger.

Cook gently till the tomatoes can be pierced with a fine broom splint, then skim them out carefully and strain the liquor. Return it to the kettle, add the sugar, and when it is melted, put in the tomatoes, and cook till clear. In eight days pour off the syrup, pack the tomatoes in cans, heat the syrup scalding hot, pour over and seal.

Tomatoes Pickled Whole—Pare a gallon of small tomatoes of even size, soak them over night in weak brine, and drain. Then seal them in water to cover, to which has been added a bit of alum, the size of a small hickory nut; drain and cook them in a weak syrup of sweetened vinegar till a fine broom splint will pierce them easily, and drain again. Make a syrup of three pounds of sugar to a quart of vinegar and pour over them.

Sliced Tomato Pickles—Slice the tomatoes in thick slices, rejecting the top and bottom slice. Pack them with a sprinkling of salt between the layers, a teaspoonful of salt to a peck of tomatoes, and let stand 12 hours. Pour off the liquor and drain them well. Seal them a few at a time in diluted vinegar (do not cook much or they will break), drain, and when cold place in a jar.

Green Tomato Soy—Slice green tomatoes very thin. To four quarts add six large onions sliced, four teaspoonfuls of brown sugar, and the following ground spices: a tablespoonful of allspice, a tablespoonful of mustard, a tablespoonful of cloves, two tablespoonfuls of salt, and a teaspoonful of black pepper. Boil gently in two quarts of vinegar and stir often to prevent scorching. When tender and quite soft, put in wide-mouthed bottle or pint cans and seal hot.

Tomato Mangoes—Cut a slice from the tops of large green tomatoes, scrape out the inside, replace the tops, and tie together. Let them lie in strong brine one day, then wash them well in cold water. Season chopped cabbage to your taste with salt, pepper, mustard, and a little grated horseradish. Fill the tomato shells, replace the tops and the tie, place in a jar and cover with cold vinegar.

Chow Chow—For present use, chop fine a peck of green tomatoes, after removing a slice from the stem ends. Chop a large cabbage, half a dozen large onions, two or three small green peppers. Mix all with a teaspoonful of salt, let stand 12 hours, then press, drain and squeeze dry in a cloth. Incorporate with the mass half a pound of mustard, two tablespoonfuls of curry powder and a scant tablespoonful of black pepper. Put in a jar, press down and cover with cold vinegar. It will be ready for use in a few days and if kept in a cool place will be good several weeks.

Piccalilli that Will Keep Well—Good separately a peck of green tomatoes, a large head of cabbage, a dozen green peppers, half a dozen red ones, and a dozen average-sized onions. Mix them and put layers in a cloth, sprinkling each with salt. Tie up, and let hang over night to drain; then squeeze as dry as possible with the hands. Cover with cold, diluted vinegar, let stand six hours, then drain and squeeze as before.

Mix together a scant teaspoonful of mustard seed, three tablespoonfuls of celery seed, three tablespoonfuls of ground allspice, and two teaspoonfuls of grated horseradish. Add a pound of sugar to sufficient vinegar of full strength to cover the piccalilli, and cook it in the sweetened vinegar half an hour, then add the mixed seeds, cook 10 minutes and can while hot.

Tomato Butter—Scald and skin ripe tomatoes, add a quarter of the quantity of pared, cored and quartered pleasant sour apples. Weigh the kettle, put in the tomatoes and apples, and cook to the consistency of marmalade, then to every six pounds add a teaspoonful of ginger, the juice of a large lemon and four pounds of light brown sugar; boil 15 minutes or until it will spread smoothly.

Tomato Catsup—This should be made early in the season before the tomatoes become acid and watery. Stew half a bushel of tomatoes 30 minutes, then rub through a fine colander to remove skins and seeds, add six tablespoonfuls of salt, four teaspoonfuls of brown sugar, eight tablespoonfuls of mustard, four tablespoonfuls of pepper and a gallon of vinegar. Boil until it is the consistency of cream, then add four tablespoonfuls of cinnamon and three of cloves. Cook five minutes, bottle and seal.

Tomato Soy—Peel and slice half a peck of ripe tomatoes, add seven sliced onions, a teaspoonful of salt; let stand 36 hours, then drain off the liquor. Add to the tomatoes and onions four teaspoonfuls of sugar, a tablespoonful of ground cloves, a tablespoonful of allspice, two tablespoonfuls of mustard, one of black pepper, and two tablespoonfuls of salt. Boil with half a gallon of strong vinegar till soft, then bottle and seal.

Spiced Tomatoes—Peel and slice seven pounds of ripe tomatoes; put in a granite kettle three pounds and a half of sugar, two teaspoonfuls of vinegar, a half tablespoonful of ground cloves, the same of allspice, pepper, salt and cinnamon; boil slowly two hours, stirring often enough to prevent scorching; cool in the kettle and put in self-sealing pint cans.

Tomato Jam—Peel and slice a quantity of ripe tomatoes, put with them an equal weight of granulated sugar, and cook an hour; when half done put in a sliced lemon tied in a thin cloth with a teaspoonful of ginger, and lift it out when the jam is done. Put in jelly cups and cover with paraffine paper.

Tomato Preserve—To eight pounds of small, peeled, ripe tomatoes, add seven pounds of sugar and the juice of four lemons. In 36 hours drain off the liquor, heat and skin thoroughly, then put in the tomatoes and boil slowly for 20 minutes. Take them out with a skimmer and spread them on plates. Reduce the syrup by boiling until quite thick; put the tomatoes in jars and pour the hot syrup over them.

Tomato Pies—Scald and skin small-sized ripe tomatoes, either the red or yellow variety. To eight pounds add three pounds of brown sugar; cook slowly and carefully in the sugar without water till it has thoroughly penetrated them, and they have a clear appearance, then take them out, spread on plates and dry them, covering them with mosquito netting, in the sun. Pack them in layers in jars or boxes, with sugar sprinkled between.

Dried Tomatoes—The flavor of dried tomatoes is quite different from those preserved or canned. Slice in thick slices, spread on plates and dry in a hot oven. To prepare them for the table, soak in cold water over night, then simmer till soft; sweeten to taste, cook five minutes and serve quite cold.

Tomato Pickles—Pare small not quite ripe tomatoes, weigh them, then cover them with cold vinegar and let them stand three days. Pour off the vinegar, add five pounds of sugar to seven of tomatoes, spice to taste with cinnamon, cloves, etc. Heat the vinegar, put in the tomatoes and let them simmer slowly several hours.

Tomato Jelly—Cut the tomatoes in pieces, boil and strain; measure the juice, add a sliced lemon and boil half an hour. Now add an equal measure of sugar and an ounce of dissolved gelatin to a quart of juice. Boil five minutes, test and if done put in glasses.

Tomato Marmalade—Scald, remove the skins and slice; for every pound allow a pound and a half of sugar, and for every three pounds two lemons and a tablespoonful of ginger. Cook about three hours and skim off the froth as it rises; when about half done, add the lemons, sliced, and the ginger tied loosely in a bag.

For Winter Use—Pack ripe tomatoes in a cask or large jar, cover them with salted water, a teacup to four gallons of water. They must be kept under the water, not even one floating, or they will spoil, and the cask or jar must be closely tied to keep out flies. They are not to be cooked, but after taking them from the salted water, slip off the skins, drain and season with salt, sugar, pepper and vinegar. They are quite good if covered with strong brine and freshened in water 24 hours before they are cooked.

Canned Tomato, No. 1—Pare ripe tomatoes that are just large enough to slip easily into a can. Drop them into a kettle in which there is a quantity of tomatoes peeled and cut fine. When the pulp boils up well, cover them, put them in cans and cover with what remains in the kettle.

Canned Tomato, No. 2—Scald, skin and slice freshly gathered ripe tomatoes before they are fully ripe, drain and stew them gently 20 minutes, adding salt as if for the table, then can and seal. Tomatoes must be kept in the dark, packed either in sand or tied closely in paper bags.

Tomatoes with Corn—Boil half an hour, add corn cut fine, twice the quantity of tomato pulp, then can, seal and keep in a dark, cool place.

Dorothy Dexter.

WAR BREAD MORE NUTRITIOUS.

Dr. Wiley Regrets Many Have Gone Back to White Flour and Sugar.

Dr. Harvey W. Wiley, a Hoosier who became famous as an authority on the proper food, has been making a short visit to Indiana friends. He says:

"I regret that the American people so soon abandoned the restricted diet enforced by the war-time food administration. The use of white flour instead of the war mixture is a step backward so far as the public health is concerned. The war bread was more nutritious and in every particular more to be desired than the bread we are eating to-day."

Dr. Wiley says his family went on a war diet before the rest of the country, and the same diet is being kept up, even though restrictions have been to a large measure removed. He also thinks the curtailment of sugar was a great thing for the country, and is sorry the sugar bowl has gone back on the restaurant and hotel tables.

It will be unfortunate, however, if the people forget all the lessons they learned during the war. There are evidences now that those lessons were learned for a temporary period only, for numerous people speak lightly of what they did under a time of stress and have resumed their old customs. Much good came out of the war, as well as much sorrow and suffering.

The conflict taught sacrifice, and with that sacrifice came cleaner minds and healthier bodies. It has been shown, however, that the returning soldiers have lost the additional weight they gained in the army because they have forsaken their regular habits. Those who stayed at home and formed certain habits are likewise losing the benefit derived, simply because their memories are so short.

—Indianapolis News.

Resinol
would help your
poor complexion

Does a poor complexion stand between you and popularity—good times—success? Resinol Ointment and Resinol Soap do not work miracles, but they do make red, rough, pimply skins, clearer, fresher, and more attractive. Use them regularly, for a few days and see how your complexion improves.

Sold by all druggists.

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—Indianapolis News.



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LONG RUN"

